



South Central District Health

Keeping your family & community healthy
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PRESS RELEASE – For Immediate Release

Contact: Tami Pearson, Health Education Specialist, 737-5945
Beth Worbets, Smoking Cessation Instructor, 788-1824

**District Health and St. Luke's Wood River Offer New Year's Resolution
Help to Tobacco Users**

Tobacco users, get ready to keep your New Year's resolution to stop smoking!

South Central District Health, along with St. Luke's Wood River, will offer the American Cancer Society's "Fresh Start" program to help adults quit using tobacco. This FREE six-class session will be held Monday through Thursday, Jan. 22 – 25; Tuesday, Jan. 30; and Monday, Feb. 5. Classes will be held in the St. Luke's Center for Community Health Building, 309 W. Main St. in Hailey. Registration for the class can be made by calling Beth Worbets, Smoking Cessation Instructor, at 788-1824, or Tami Pearson, South Central District Health Tobacco Program Coordinator, at 737-5945.

The "Fresh Start" program is specifically designed for those who are tired of their addiction. It builds skills and knowledge to help reduce and eventually end tobacco use. Participants will learn skills to communicate better, handle stress, make decisions, set goals, eat healthy, and exercise.

Smoking is the single most preventable cause of death in the United States. More than 440,000 people die every year in United States from using tobacco products. Space is limited in the free class so participants are urged to register early.

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